

blueberries

The cancer-fighting superfood

by *Jennifer Wilt*

Blueberries are packed full of antioxidants, flavonoids, potassium and vitamins A and C. This superfood has gained the reputation of being able to reduce risk for cancer and heart disease.

Dietitians at the UAB Comprehensive Cancer Center recommend a cup of blueberries a day to help prevent cell damage linked to cancer. A new study from City of Hope found blueberries can reduce tumor weight up to 70 percent when tested on animals, giving hope to a human clinical study.

If you missed your opportunity to fill the freezer during blueberry season, try blueberry powder. This powder typically comes from ground freeze-dried blueberries. It's very potent, so a little goes a long way—just one ounce a day. The process at local business Sunset Valley Organics is approximately a 10 to 1 ratio, meaning that they use 10 pounds of frozen certified organic, nutrient-dense blueberries to create just one pound of certified organic, nutrient-dense blueberry powder.

Make any meal a superfood. Try adding blueberry powder to your baking, smoothies, oatmeal, cereal and yogurt. As with any processed food, be sure to read the label and avoid preservatives.

Jennifer Wilt and her family grow blueberries in Corvallis, OR. For more nutritional information or to try blueberry powder visit [Sunset Valley Organics](http://SunsetValleyOrganics.com) at sunsetvalleyorganics.com.

Are blueberries really a superfood?

"We observed that blueberries help fight triple-negative breast cancers by suppressing pathways critical to tumor development and migration."

~ Shiuan Chen, Ph.D., director of City of Hope's Division of Tumor Cell Biology.

For more information, visit tinyurl.com/goodBB.



Blueberry powder smoothie

This works great with fresh and frozen fruit.

Ingredients

1 Tbsp. of Sunset Valley Organic Certified Organic Blueberry Powder

1 Certified Organic Banana

A hand full of Certified Organic Raspberries

A hand full of Certified Organic Strawberries

6 oz. of Sprite (or ½ cup of yogurt)

A hand full of ice

Directions

Blend all ingredients in blender, pour and enjoy!

Blueberry cream cheese frosting

Ingredients

½ cup unsalted butter, room temperature

4 ounces cream cheese, room temperature

1 tsp. vanilla paste

17 grams blueberry powder

2 cups confectioner's sugar

Directions

Cream together butter and cream cheese.

Add vanilla, blueberry powder and confectioner's sugar. Mix until smooth.

Blueberry granola

Ingredients

1½ cup rolled oats
(not quick or instant)

⅓ cup sliced almonds

1 cup puffed brown rice cereal

2 Tbsp. flaxseed meal

2 Tbsp. wheat germ

¼ oz. blueberry powder

1 tsp. cinnamon

½ tsp. ground ginger

½ tsp. sea salt

¼ cup egg whites

4 Tbsp. maple syrup

1 Tbsp. almond or peanut butter

1 tsp. vanilla extract

Directions

Preheat oven to 325 degrees. Spread oats and almonds evenly on foil-covered baking sheet and toast for 10 minutes until golden.

In a large bowl, mix remaining dry ingredients and blueberry powder. Add oat mixture. In a small bowl, whisk together egg whites, syrup, nut butter and vanilla. Pour wet mixture into dry ingredients and mix with rubber spatula until evenly coated.

Lightly oil the foil-lined baking sheet and spread granola mixture evenly. Bake for 25 minutes, stirring every five minutes. Allow to cool fully, then store in an air-tight container in the freezer.



FROZEN ORGANIC BERRIES

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Blueberries
Raspberries
Blackberries

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Blueberries for dinner!

Sunset Valley Organics

blueberries are incredibly flavorful and nutrient-dense.

Walker Farms chicken

is moist, tender and delicious every time.

Blueberry Chicken

1 Walker Farms split breast

1 Tbs organic olive oil

2 cloves minced organic garlic

½ cup organic white wine or chicken stock

½ tsp organic thyme

¼ tsp freshly grated organic nutmeg

2 Tbs organic balsamic vinegar

1 cup **Sunset Valley Organics**

frozen or fresh blueberries

1 Tbs organic maple syrup

3 Tbs organic lemon juice

½ tsp organic lemon zest

Salt and pepper

In a skillet, sear breast meaty side down in olive oil, then finish cooking bone side down, until internal temp reaches 165°, about 15-20 minutes. Remove breast from pan, leaving juices. Add blueberries, balsamic vinegar, garlic, wine or stock, thyme, nutmeg, and maple syrup. Simmer to reduce by half. Add lemon juice and zest. Simmer for an additional minute until sauce slightly thickens. Salt and pepper to taste. Place chicken on wilted greens of your choice, and pour sauce over everything.



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